



Self-reflection

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Exercise examples include:
writing your eulogy,
understanding your balance
wheel of life, uncovering
patterns from your past, etc.

1. What are your fears?
2. Lifelines
3. Tombstone test
4. Future flight
5. Rose, thorn and bud
6. See and be seen
7. Horse whispering
8. How to write your own eulogy
9. Decision worksheet
10. 10-year vision, 1-year plan

1. What are your fears?

EO chapter	Pittsburgh
Shared by	David Levine
Type of exercise (icebreaker, team-building, closing, etc)	Self-reflection
Time required for this exercise	3 minutes per person
Objective of the exercise	Share one fear that you have in your personal, family or business life
Outcome of the exercise	Sharing vulnerability and identifying common frames of reference
Tools needed	None
Handouts and pre-work if any	None
Description of the exercise Each person identifies one fear that they have related to each of the following categories: family, relationships, running their business or other.	
Step-by-step instructions Go around the table and take turns sharing.	

2. Lifelines

EO chapter	Inland Empire
Shared by	Anthony Gatto
Type of exercise (icebreaker, team-building, closing, etc)	Self-reflection
Time required for this exercise	45 minutes per member
Objective of the exercise	Learn the past and understand the members better
Outcome of the exercise	Get deep
Tools needed	Large poster board or PowerPoint and a projector
Handouts and pre-work if any	Prepare in advance to tell your story
Description of the exercise Each member presents their individual history	
Step-by-step instructions Present from birth to present day	
Variation Link your lifeline to a common topic: <ul style="list-style-type: none">• Money• Happiness• Relationships• Self-esteem You can also pick two or more and link the topics to see if they run in parallel.	

3. Tombstone test

EO chapter	Toronto
Shared by	Jody Steinhauer
Type of exercise (icebreaker, team-building, closing, etc)	Icebreaker or Team-building
Time required for this exercise	10 to 15 minutes per person
Objective of the exercise	Gain perspective about where you are in life and what legacy you would like to leave behind
Outcome of the exercise	Explore where you want to be (legacy) as compared to where you are now, while helping the group get to know what's important to each member.
Tools needed	Pen and paper
Handouts and pre-work if any	None
<p>Description of the exercise Have you ever thought about what you want written on your tombstone? What do you hope will be said about you at your funeral? Try writing those things down. If you like them, then think about whether you are living up to them now ... or if you have some work ahead of you.</p> <p>By contemplating our mortality, we can gain an incredible sense of perspective and clarity that can help us decide what to do with our lives, while introducing the urgency we need to take action and accomplish those goals and dreams.</p> <p>Step-by-step instructions Each member writes down what they want written on their tombstone and shares it with the group.</p>	

4. Future flight

EO chapter	Gurgaon
Shared by	Karan Sawhney
Type of exercise (icebreaker, team-building, closing, etc)	Team-building or self-reflection
Time required for this exercise	2 hours
Objective of the exercise	To increase the Forum's closeness
Outcome of the exercise	Adds a personal aspect to the Forum
Tools needed	Pen and paper; a quiet setting
Handouts and pre-work if any	Write a description of your Forum mates' lives as they will be 10 years in the future

Description of the exercise

Ten years from now, you board a flight and find yourself seated with an ex-member from your current Forum whom you haven't seen in that ten year period. You tell them how your Forum has progressed and what's happening in the life of each of your Forum members.

Step-by-step instructions

1. Spend one hour individually to write down your responses to the scenario, including personal, professional, family, health, relationships, finances and more.
2. Get back together and share what each person has written about each member.

Future Flight – Originator - Ellie Byrd (ellie@forumsherpa.com)

5. Rose, thorn and bud

EO chapter	San Francisco
Shared by	Cory Levenberg
Type of exercise (icebreaker, team-building, closing, etc)	Connection or self-reflection
Time required for this exercise	3 minutes per person
Objective of the exercise	Become more aware of your surroundings and incorporate gratitude into your daily routine.
Outcome of the exercise	Become more self-aware. Discover and focus on your strengths. Appreciate the blessings in your life, as well as the “not-so-great” things. Strengthen your relationships. Become happier by celebrating the present and blocking toxic emotions. Pay it forward to other people. Sleep better.
Tools needed	Pen and paper
Handouts and pre-work if any	None

Description of the exercise

This is a 5-minute game to kick start your mindfulness habit with 3 questions:

1. What was the highlight of your day? (Rose)
2. What went wrong during your day? (Thorn)
3. What are you looking forward to tomorrow? (Bud)

By reflecting on the highlights and low points of your day, you may start to realize that:

- There are always things to be grateful for.
- Sometimes things won't go according to plan, and that's OK.
- There are events you can and cannot control. True wisdom lies in knowing the difference and taking action about those things you can control.
- There is always room for improvement.
- Mindfulness is like a muscle: The more you exercise it, the more developed it becomes.

Step-by-step instructions

Start by explaining the objective of the exercise. This is supposed to be fun and anything goes. This is a judgment-free, no-pressure game.

1. Each member takes a couple minutes to write down the answers to the three main questions. You can have multiple roses, thorns and buds. Don't feel limited to sharing only one.
2. Once you are done, everyone shares their answers.

6. See and be seen

EO chapter	San Francisco
Shared by	Bowen Dwelle
Type of exercise (icebreaker, team-building, closing, etc)	Self-reflection
Time required for this exercise	30 minutes + 10 minutes per member
Objective of the exercise	Explore our own perceptions of ourselves, as well as the way others perceive us, to learn more about ourselves and our Forum mates, to engage in actively seeing each other, uncover aspects of ourselves about which we may be less aware, and notice and share how we feel about seeing and being seen by others.
Outcome of the exercise	Learn how Forum mates see you and gain insight about how that compares with the way you see yourself.
Tools needed	Paper and pen
Handouts and pre-work if any	<p>Complete a "Who Am I" worksheet with:</p> <ul style="list-style-type: none"> • Three of the most significant events in my life, and why • Three of the most significant people in my life, and why • Three of the most significant decisions I've made in my life, and why • Your three to five personal core values • Your five or more descriptors (adjectives that describe you)

Description of the exercise

Forum members use active reflection and recognition to compare how they see themselves with how they are seen by others—and then discuss openly within the safe environment of Forum. The exercise is designed to help members explore the Johari Window and become more familiar with aspects of themselves that fall into "the blind spot" and "façade" areas of the window.

Step-by-step instructions

Moderator introduces the exercise.

1. Members take 15 minutes to fill in the "Who Am I" worksheet.
2. Then, the moderator gives each member the same number of sheets of paper as people in the group, minus one (their own).
3. Members take 15 minutes to write each of the other Forum members' names at the top of a different sheet of paper and then, one by one, focus on seeing each fellow member as clearly as possible, writing down five or more adjectives that describe each person (hint: Identify unique attributes that define each person, not only the positives about them).
4. Moderator collects and collates the sheets, so that each person gets the sheets others have filled out about them.
5. Members take three to five minutes on their own to digest and compare their own "Who Am I" sheet with the sheets from other members, and consider:
 - Which descriptors align with your own perception of yourself?
 - Which descriptors differ from your own perception of yourself?
 - Did any of the descriptors bring up specific emotions for you? It can be helpful to know basic categories of emotions: anger/mad, sadness/sad, happiness/glad, love, fear, guilt/shame, etc.
6. Going one by one and allowing 7 to 10 minutes per member, share what each person noticed and how they feel. Avoid questions and feedback from other members during this time.
7. When everyone is done, share a one-word or short phrase to close the exercise.

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6. See and be seen - *continued*

Debrief questions / notes

This exercise can be very powerful. Members should be aware that they may hear some things that surprise them, and that what we see in ourselves and what we see in others isn't necessarily "true." It's perception, and others' observations about us often come more from themselves than from some truth about us.

*Recommended for mature Forums

7. Horse whispering

EO chapter	Idaho
Shared by	Jim Escobar
Type of exercise (icebreaker, team-building, closing, etc)	Self-reflection
Time required for this exercise	2 hours
Objective of the exercise	Understand how our actions and intent of communication impact the world
Outcome of the exercise	Know yourself better and be more aware of the half of your nature that is non-verbal when you are communicating
Tools needed	Horses, trainer
Handouts and pre-work if any	None
Description of the exercise By interacting with horses and a trainer capable of teaching you how body movements express the majority of your communication to the horse, you'll have opportunities to relate that experience to the way your movements affect others when you communicate with the same energy.	
Step-by-step instructions Work with the trainer to allow each participant to walk around the horse, sit on it, squeeze it, nudge or heel it, gesture around it, etc, and observe the way movements and energy (mental calm, nervousness, anxiety, fear, etc.) affect the horse. Set aside time to discuss each person's observations.	

8. How to write your own eulogy

EO chapter	South Florida
Shared by	Cesar Quintero
Type of exercise (icebreaker, team-building, closing, etc)	Self-reflection
Time required for this exercise	Open-ended
Objective of the exercise	To summarize your life as if you reached the end of it
Outcome of the exercise	Clarify for yourself who you are, what you do, why you are here, what you really want out of life and how you want to be remembered.
Tools needed	Paper and pen, or a computer
Handouts and pre-work if any	None

Description of the exercise

Write your "chronological eulogy" from the beginning of your life, describing where you lived, your education, marriage, family, kids, career, accomplishments and so on.

Step-by-step instructions

1. Write your outline, imagining that you lived to 90 and then passed away. Picture what you did during your nine decades of life as you hope to have lived it. Jot down some "memories" of yourself in response to the following questions:

- Where did you live? Did you stay in the town where you were born? Did you live in a far-flung land? Did you move every few years? Where did you retire?
- What were your hobbies? What did you enjoy doing in your 20s and 30s? What did you enjoy doing with your family? What kept you busy in retirement?
- What kind of relationships did you have? Did you get married? How many kids did you have? How many friends did you have? Many? A few really good ones?
- Where did you go to school? What did you study?
- What did you do for work? Did you stay with one company or job your whole life, or did you change careers many times?
- Did you win any awards or accomplish any noteworthy feats?
- What was most memorable about you? Your zany sense of humor? Your delicious cooking? Your insatiable love for adventure? Your passion for the outdoors? Your unshakable faith?
- What was it about you that people admired most? Your unwavering loyalty to friends? Your honesty? Your work ethic? Your love for your family? Your patience? Your leadership?
- What will people miss most about you? The creative homemade gifts you gave every Christmas? What a good listener you were? The handwritten letters you sent to friends? The way you could turn every mishap into something to laugh about?

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8. How to write your own eulogy - *continued*

2. Turn your outline into a eulogy, taking all of the ideas you jotted down and bringing them together in a finished project.

Here's an easy format to follow:

- Birth and childhood. Keep this section brief.
- College and career. Where you went to school, what you majored in, what jobs you held. Include any awards you won or accomplishments you had.
- Family and relationships.
- Your hobbies and interests.
- The qualities and characteristics that set you apart and made you memorable.
- What people will miss about you.

9. Decision worksheet

EO chapter	South Florida
Shared by	Cesar Quintero
Type of exercise (icebreaker, team-building, closing, etc)	Self-reflection
Time required for this exercise	Open-ended
Objective of the exercise	To become more aware of your own decision-making process
Outcome of the exercise	To help you analyze: <ul style="list-style-type: none"> • Decisions made • Choices available • Values considered • Learning
Tools needed	Pen and paper
Handouts and pre-work if any	None

Step-by-step instructions

Ask yourself the following questions, and write down your answers to review and contemplate:

1. In your life, what is the most difficult decision you have made related to:
 - a. Business/work/career b. Family c. Personally
 - i. What made it so difficult?
 - ii. Explain
 - b. To what extent were these decisions not only difficult, but also painful? If one of them was painful for you, rate it on a scale of 1 (low) to 10 (high).
2. In your life, what is the best decision you have made related to:
 - a. Business/work/career b. Family c. Personally
 - i. Describe it
 - ii. What were/are the outcomes that resulted?
 - iii. If anything, what did you learn?
3. In your life, what is the worst decision you have made related to:
 - a. Business/work/career b. Family c. Personally
 - i. What happened?
 - ii. Any lessons learned?
4. What major decisions are you most looking forward to making in the future?
 - a. Business/work/career b. Family c. Personally
5. What decisions are you most dreading in the future that you know you will face?
 - a. Business/work/career b. Family c. Personally
6. What do you believe your life will be like in 2030?
 - a. Business/work/career b. Family c. Personally

10. 10-year vision, 1-year plan

EO chapter	San Francisco
Shared by	Rudy Mutter
Type of exercise (icebreaker, team-building, closing, etc)	Self-reflection
Time required for this exercise	30 minutes per member
Objective of the exercise	Help Forum members create a vision for the next 10 years and a plan for the immediate year; ultimately, facilitate goal-setting
Outcome of the exercise	Become more focused going into the next year with a more structured plan and set of goals
Tools needed	Computer and monitor, or a projector
Handouts and pre-work if any	Prepare an individual PowerPoint or slideshow that walks the group through your 10-year vision and 1-year plan. Include a vision board (images) and actual timelines for the current year about what quarter certain milestones should be achieved.

Description of the exercise

Forum members take 20 to 30 minutes each to present their 10-year vision and 1-year plan to the group, and to take clarifying questions, experience shares and reflection at the end.

Step-by-step instructions

Send out the pre-work at least a month before the retreat:

1. With the prework done, each member should take 20 to 30 minutes to walk through their "deep dive" at the retreat.
2. Allow 10 minutes after the "deep dives" for other Forum members to ask clarifying questions, share any experiences related to what they heard and reflect back (hold up a mirror) to the presenter.

Debrief questions/notes

If a Forum chooses, it could refer back to these "deep dives" over the course of the year as a check-in to see what was planned and what actually happened.